THE SECRET OF TAKING CARE OF YOUR FAMILY IS TAKING CARE OF YOURSELF.

You are loved and appreciated by your family and friends. And you love taking care of them. To do that, we urge you to take care of yourself by following the secrets our doctors have outlined in this brochure. They can be passed on to your children and enjoyed for generations.

And please, if you have any questions, bring this brochure to your doctor and ask him or her more about how you can enjoy a rich, healthy and satisfying life for many, many years.

How do I talk to my doctor?

- **Can you please give me some general information, such as a brochure, about menopause?**
- **How can I prepare for "the change"?**
- **Can I handle menopause naturally, or do I need to consider estrogen replacement therapy or alternatives?**
- **Do any of my medications have side effects?**
- **I've heard of a bone density test. Do I need one? How much does it cost? Is it covered by insurance?**

WOMEN'S WISDOM

"We've become more accepting of ourselves, more relaxed. We've already gone through the 'becoming' stages."

"Someone told me that, after she turned 40, she started wearing bigger earrings. She was always taught to be conservative, but after 40 she decided she didn't have to."

THE STRONGEST LINK TO OSTEOPOROSIS IS MENOPAUSE.

SOME OTHER RISKS TO LOOK OUT FOR:

- A family history of osteoporosis
- A previous broken bone that might have been caused by osteoporosis
- Being thin or small-boned
- Use of certain medications
- Smoking
- Drinking too much alcohol
- Not getting enough exercise
- Not getting enough calcium or vitamin D throughout life

Want more tips on staying young, eating right and keeping your bones strong as you mature? Call the Texas Department of Health at 1-800-422-2956 or check our website at www.tdh@state.tx.us

TDH

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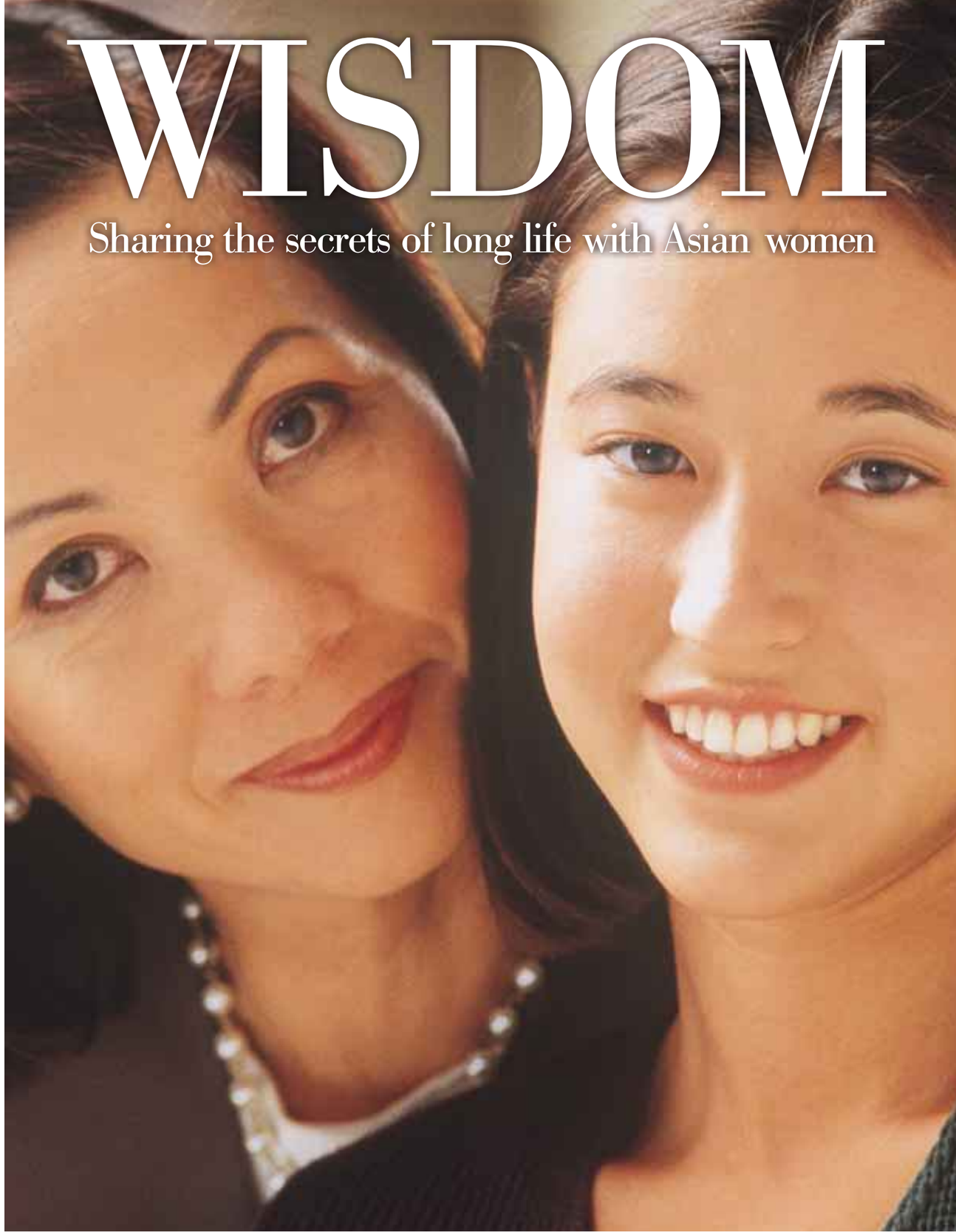
WISDOM

Sharing the secrets of long life with Asian women



Some secret remedies that can keep you feeling young, energetic and beautiful.

THERE'S A SECRET TO STAYING STRONG AND SUPPLE.

Just as there are stages in life like childhood, adolescence and child-bearing years, there is a time in every woman's life when she goes through the change of life. It's a time when your beauty, wisdom and strength can find full flower. However, it's also a time when natural changes in your body need to be taken into account in order to stay healthy and vibrant.

One of the biggest changes brought on by menopause is the change it produces in your bone strength and mass. Because your body is producing less of the hormone, estrogen, which is important in bone strength, your bones very gradually lose mass. When this bone loss is severe, it can cause them to become weak and fragile and may cause such things as a stooped back. ***This condition is a disease called osteoporosis. And it is more common among some groups, such as Asian women. But it doesn't have to happen to you.*** And it is not a natural part of aging. By doing a few simple things, you can help prevent it.

"Your body doesn't work the same as it used to. You have to be more concerned about health."

REMEMBER WHEN YOUR MOTHER SAID, "DRINK THIS, IT WILL MAKE YOU STRONG?"

Your mother knew many secrets of a long life. Now doctors have revealed these new ones that you can pass on to your daughters. While they are not hard to follow, they do require a lifetime commitment.

The key elements include a balanced diet rich in calcium and vitamin D (the sunshine vitamin) and a regular program of weight-bearing exercise. Here is the recipe to follow:

> **MAKE** sure you're consuming 1,000 mg. of calcium a day before menopause. After menopause or after a hysterectomy, a woman should consume 1,500 mg. of calcium a day from her diet or supplements. (Calcium levels: 3 oz. salmon - 203 mg.; 1/2 cup tofu - 434 mg.; 1 cup broccoli - 136 mg.)

> **GET** enough vitamin D (400-600 IU), which helps your body use calcium. Taking multivitamins, being in the sun about 5 to 15 minutes a week or drinking vitamin D fortified milk will provide enough vitamin D.

> **DO** weight-bearing exercise such as walking, jogging, gardening or dancing for 30-40 minutes at least three times a week.

> **DON'T** smoke. Limit use of alcohol and caffeine because it takes calcium away from your bones.

> **CHECK** with your doctor about estrogen replacement therapy or alternatives.

Some grim facts:

- A woman over 50 has a greater risk of dying from complications due to a hip fracture than from breast cancer.
- Half the people who suffer hip fractures will never return to full mobility.

SUPPORT YOUR LOCAL JOINT

Start now to work on strengthening the areas in your body that are most likely to be injured.

HIP CIRCLES: Grab a chair, extend your hip and leg from your body and start making circles, as big as possible. Toes should extend inward. If you can, work up to 50.

Get cooking with calcium.

You can get a lot of great calcium in the foods you eat. Some good sources of calcium are bok choy, salmon, broccoli, kale, shrimp, tofu and soy products, calcium-fortified orange juice, oatmeal, skim milk, cottage cheese, yogurt and ice cream.